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HALIFAX HEROES

THE RIGHT MOVES

**Creating change
through action,
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metroNEWS**

Hasmeet Singh Chandok helped
found the Maritime Bhangra
Group. JEFF HARPER/METRO



Rats! We need a better fix

PEST CONTROL

Recommendation to fight rodents a 'good idea': Expert



**Zane
Woodford**
Metro | Halifax

A local pest control expert says a rat recommendation in front of Halifax regional council this week is a "good idea," but there are other things the municipality could be doing to control its rodent population.

At a meeting of the Halifax and West Community Council last month, municipal staff brought forward some ideas for tackling the municipality's growing and increasingly visible rat population — attributed to last year's mild winter and the recent construction boom.

The committee is now recommending that council Tuesday direct staff to amend an administrative order to require developers to "include rodent control in the form of pre-baiting" for 10 to 14 days before

demolition or major construction.

"I think it's definitely a good idea because anything that could potentially be displaced is going to hopefully be controlled before it gets to that point," said Brian Betts, branch manager at Lawrencetown-based Ace Pest Control. "Of course it's a bit self-serving for me to say that because it's going to benefit our industry, but I do think it's a good idea overall, especially if you've got a building that's been sitting vacant for any length of time."

Betts said some "more community aware" developers are already doing this, and there's a real benefit to neighbouring homes and businesses.

He also thinks the municipality should crack down on the way people store garbage — one of his rodent control "pet peeves."

"You see a lot of overflowing bins behind food service areas and that sort of thing. I think better control of that would go as far as other things would," he said.

Betts said rats could never be eradicated from Halifax, but some proactive measures would go a long way.



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Teachers say support is strong

EDUCATION

Those at rally decry actions of province in bargaining



Anna Sophia Vollmerhausen
For Metro | Halifax

One Nova Scotia teacher said she feels support for teachers is not dwindling as work-to-rule job action enters a third month.

Standing at the Grand Parade on Sunday at a rally organized by the group Nova Scotia Parents for Teachers, Sara Francis, a substitute teacher, said it's important that they keep pushing for change.

"I think we're at the point right now where (parents and students) can see (we've) done this much, and it's just, let's keep going until we get the

changes that we're hoping for, like don't stop now, we've come this far," Francis said.

A crowd of around 50 people, some holding signs, were at the rally to show support for the 9,300 teachers currently involved in work-to-rule job action.

Ivy Shaw, a grandmother of eight, some of whom are in schools affected by work to rule, said it was important for her to show support for both teachers and parents.

"I'm sure people are discouraged by what's going on, and I wish that the government would negotiate more fairly with the teachers, understand the issues better," Shaw said. "They don't understand what's going on in the classroom."

The Nova Scotia Teachers Union has been trying to hammer out a deal with the province since last year, and will hold a ratification vote on a third tentative agreement on Wednesday.

The union has been engaged in work to rule for all but a week since early December, after a second contract agreement was rejected late last year.

It's believed another contract rejection could be coming again this week.

David Zinck, a teacher at Dartmouth High School, said he has been disappointed by the way the government has approached negotiations to this point.



A crowd rallies in Grand Parade on Sunday organized by the group Parents for Teachers. PHOTOS: JEFF HARPER/METRO

"This government is not interested in negotiations and never has been interested in negotiation," Zinck said. "So

I'm really sorry for all Nova Scotians for how much of their time has been wasted by this government's complete inability

to negotiate."

He added that despite the negotiation process going on for so long, it's a sign of change

to come.

"The exciting part about this is, this is about change," Zinck said.

Group says Eastern Shore High a 'contaminated' building



Haley Ryan
Metro | Halifax

No water supply, asbestos and sewage issues are just some of the concerns community members have about the aging Eastern Shore District High School, and they are calling for the "contaminated" building to be replaced.

A group of residents, the Community Campus Vision Association (CCVA), are fighting for the replacement of the 1965 school, and have assembled piles of documents in recent years from both the province and municipality that outline a laundry list of issues affecting the roughly 450 students and faculty.

"The feeling in the com-

munity ... is that because of the problems ... you're letting people continue to work in a facility that is not actually safe," Jerry Mosher, resident and CCVA member, said in an interview.

Mosher said a main issue and huge waste of public funds has been that since 1992, students and staff have been drinking and using water trucked in every day that goes into their water tank.

That costs more than \$50,000 a year, Mosher said, which adds up to at least \$3 million over the last couple of decades, and due to two oil spills back in the early '90s near the school they haven't been able to drill a well or find another water source despite multiple studies.

“There’s always another school, another school ... it never seems to be our turn.” Jean McKenna

"You've had people living in a contaminated building," he said.

Jean McKenna, CCVA chair, said \$50,000 was set aside this year for a school water study, but she recently met with operations staff who said they've done many studies in the past, and have tried everything — another would be "useless, because there's no water there."

McKenna said they were able to get the details through freedom-of-information requests, which included a 2015 asbestos evaluation that

showed 60 to 70 per cent asbestos in samples of pipe parging, as well as many floor tiles.

While asbestos can stay inert and safe at first, McKenna said the report stated "over time the tiles can wear down, obviously, and release it."

Sewage disposal is also an issue, Mosher said, since the treatment plant shared with the local hospital and Birches Nursing Home next door "periodically malfunctions" and pollutes Petpeswick Inlet.

Major ventilation and pneumatic (heat and lighting) replacements were suggested

in a facility analysis in 2006, McKenna said, which stated "less than 10 per cent" of the required ventilation volume was being moved, and of that there was "practically no fresh air."

Although the province has put recent work into ESDH like a new gym floor, slightly opening the lobby, updating half of the parking lot, and putting \$492,000 into a ventilation project this year, McKenna said those are only "Band-Aid" solutions with the latter leading to a new problem.

McKenna said the gymnasium is currently closed because of a noise issue, but was unsure whether the issue originated from the gym, or the roof as the new ventilation goes in. Either way, they are

+ RESPONSE

Metro's request for a comment on the possible replacement of ESDH from the Department of Education was not returned on Friday.

now evaluating the sound-proofing panels.

"The list goes on, and on, and on," McKenna said.

The issues at ESDH far outweigh those at J. L. Ilsley High School when it comes to possible replacement, McKenna said; but added that she wouldn't take away the 2017-18 capital funding approved to begin replacing J. L. but simply add ESDH to the list.

Law students to 'keep fighting'

REFUGEES

Schools look for ways to challenge safe country pact



Alex Quon
For Metro | Halifax

If you think refugees are getting the short end of the stick in the United States, you're not the only one.

As a response to the travel bans recently imposed under U.S. President Donald Trump, law students from all 22 of Canada's accredited law schools joined together on Saturday to gather information that could be used to challenge the Safe Third Country Agreement.

It's a degree of cooperation

and unity that students from Dalhousie's Schulich School of Law said rarely happens among law schools in Canada. Law students from McGill started the 'research-a-thon' initiative, reaching out to other law schools across the country on Feb. 1, 2017.

"There are different legal questions for each school to look at," said Barton Soroka, president of the Dalhousie Law Students' Society, who asked the question Dalhousie was assigned be kept confidential. "We'll then hand [the research] into the people at McGill, who

will then pass it on to whoever ends up needing it for their legal actions going forward."

The Safe Third Country Agreement between the United States and Canada requires that an asylum seeker

must request refugee protection in the first safe country they arrive in.

“

There is no doubt in my mind that the work we're doing now will go on to help as lawyers litigate this issue.

Barton Soroka



Barton Soroka, president of the Dalhousie Law Students' Society, helped organize the Halifax portion of a 'research-a-thon' between 22 Canadian law schools this weekend. ALEX QUON/FOR METRO

"It all turns on our systems being equivalent and having no reason to believe otherwise," said Constance Macintosh, an

associate professor of law who was assisting students with their research.

Macintosh says the re-

cent executive order by Donald Trump that temporarily banned travel from several countries in the Middle East

and suspended the U.S. refugee program puts that equal status into question.

Thiago Buchert, a Dalhousie law student who was born in the United States, says the agreement should have never been signed in the first place.

"The problem is that the US immigration system does things that we would never accept in Canada and that was before what Donald Trump did," he said referring to the executive order which was temporarily suspended by a federal judge on Friday.

Students at Dalhousie worked throughout the day on shifts, with 15 being there at any one time. Many of the students worked on their laptops with Soroka mentioning that a digital world has made this kind of group work possible.

Many of the students that Metro spoke with called the research-a-thon a good start to what might be a long presidential term.

"We'll keep fighting for four or eight years or however long it takes; this was just one step in it," Buchert said. "There are going to be many, many more."

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SHOW OF SUPPORT HUNDREDS JOIN HANDS AROUND MOSQUE Well done, Halifax: An event that saw hundreds of people from various backgrounds join hands and encircle Ummah Masjid in Halifax has generated an outpouring of support online. More than 2,000 likes, 655 shares and countless comments expressed feelings of joy and pride on the Metro Halifax Facebook page after the story on the local mosque was posted online Friday evening.

ANNA SOPHIA VOLLMERHAUSEN/FOR METRO

IMMIGRATION

Province still short of its goals

Nova Scotia is trumpeting a significant jump in immigration thanks to an influx of refugees, but one business advocate says it's still falling short of what's needed.

The province's Immigration Department says preliminary figures for last year to the end of October show 4,835 newcomers — including about 1,500 refugees — arrived in Nova Scotia,

saying it's the highest number in decades. The total included an influx of Syrian refugees, along with provincially nominated families and entrepreneurs.

The province says it is also expecting another 2,150 people under the provincial nomination program this year, but it doesn't indicate how many more refugees may arrive.

However, Don Mills, a pollster

who has supported a business push to increase immigration in the province, said he sees the figure as an improvement that is still short of what the province needs to replace an aging workforce, and notes the boom in refugees may decrease.

"We're going on in the right direction," he said. "But we have to ramp it up even quicker."

THE CANADIAN PRESS

Change with a personal touch

ADVOCACY

Humanitarian is making a difference in his community



Yvette d'Entremont
Metro | Halifax

Hasmeet Singh Chandok has helped raise close to \$300,000 for charities and humanitarian causes, sits on a United Nations committee for inter-faith harmony, co-founded the internationally known Maritime Bhangra Group, and started the first Sikh student association in Atlantic Canada.

But despite those and many other accomplishments, he's humble and reluctant to be in the spotlight.

"If you go to my room you'll see it has posters all over the wall that say that this needs to be done, there is this cause, there are these people that need help," Chandok said.

"I meet on average 10 new people every day and I get to listen to personal stories about how I can make a difference to the community that I'm living in."

Chandok has made it a mission to do just that.

He came to Halifax from India in 2013 to study at Dalhousie University. Late last year he was thrust into the international spotlight after his Maritime Bhangra dance group created two viral videos.

One featured a joyous dance on the rocks at Peggy's Cove. The second, a Bhangra dance with snow shov-



"I meet on average 10 new people every day and I get to listen to personal stories about how I can make a difference to the community that I'm living in."

Hasmeet Singh Chandok

Hasmeet Singh Chandok arrived as a student from India in 2013. Since then, he's worked as an activist for a number of causes, including establishing the first Sikh student association in Atlantic Canada, and through the Maritime Bhangra Group he helped raise \$5,000 for patients with amyotrophic lateral sclerosis (ALS) using viral. JEFF HARPER/METRO

els, was an international hit that now has more than 15 million views.

The snow shovel video has raised awareness and more than \$5,000 for ALS.

"When people share that video they're not just sharing a dance. They are sharing a collective responsibility of being a part of society ... Now 15 million people know about ALS," he said.

The funds raised through the video will help purchase

wheelchairs. But Chandok didn't stop there. He sent personal handwritten letters to each of the 142 ALS patients in Nova Scotia and New Brunswick promising he'd continue to raise money for the cause.

"A sad fact is ALS doesn't get any funding from the government so that was one reason we are coming up with more initiatives for them," he said.

Salman Sajid, vice president executive of the Dalhousie

International Student Association, said he nominated Chandok as a Halifax Hero for his ongoing activism and humanitarianism.

"I think through his immensely diverse body of work, Hasmeet as an individual and as a team member with various groups that he has worked with including the Maritime Bhangra Group, has managed to cause an extremely positive impact on lives of many," Sajid said.

"Through the MBG initiative many of the individuals from the Sikh community in Halifax proudly carry their identity, and most importantly by raising funds and spreading awareness for causes and asking for pledges, his efforts have touched and impacted lives for better."

In 2015 Chandok was awarded best teaching assistant of the year at Dalhousie's faculty of computer science and was also given the fac-

+ NOMINATIONS

Each week, we will profile an unsung volunteer hero in our community as part of Halifax Heroes. To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #HalifaxHeroes

ulty's Citizenship Award in recognition of his community building efforts.

Last year he received Dalhousie's Board of Governor's Award in recognition of his work with the computer science faculty and international students in addition to his community service and activism.

Chandok said he derives much of his inspiration from his father, who was a social worker and his hero. His father died in 2012, and Chandok vividly remembers the hundreds of people unknown to his family who approached them after his death.

They talked about how his father had paid for school fees, given furniture away, and countless other selfless acts he'd kept under wraps.

"Every time he would get a big award ... we had a big bag at home and he would say to my mom just put everything in that one big bag and close it and put it in the corner," Chandok recalled.

"He'd say 'I don't want to see any of my awards. I always want to see that there is a lot of work to be done.' I'm sure he would see what I'm doing in the same way and so I do the same practice."



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CRIME

Police probe alleged daycare assault

Reports of a three-year-old child being assaulted at an unlicensed daycare in Enfield have led to an RCMP investigation and resulted in charges against a 55-year-old woman.

The investigation began after the East Hants District RCMP received the complaint on Jan. 31.

The woman was then arrested and charged with assault on Feb. 3 before being released on conditions.

She is scheduled to appear in Shubenacadie Provincial

+ HELP SOUGHT

RCMP seeking info

If parents have any concerns or any information about the alleged incident, they are asked to call the East Hants RCMP at 902 883 7077.

Court on March 13.

The investigation is still ongoing. METRO

Halifax DIGEST

HALIFAX REGION

Environment Canada warns of storm

Sunday, Environment Canada issued an advisory for the Halifax Region warning of a mid-week storm.

A low-pressure system will bring snow, ice pellets and freezing rain to the province on Tuesday. This will be followed by showers Wednesday as temperatures rise.

"There is still some uncertainty on the storm track and the public is advised to monitor future forecasts for updated information," Environment Canada advised.

PHILIP CROUCHER/METRO HALIFAX

DARTMOUTH

Teen charged with assault with a weapon

Three people were injured and a male teen arrested on multiple charges following a dispute in Dartmouth.

Shortly after 11 p.m. Friday, Halifax Regional Police went to the 0-100 block of Primrose Street in Dartmouth. They found three people who claimed to have been assaulted and sprayed with an irritant and

described a young man.

A K9 unit helped police find a Dartmouth teen who matched the description, who then fled. He was later found behind a building on Pinecrest Drive and was arrested for assault with a weapon, obstruction, resisting arrest and possession of dangerous weapons.

The accused was released on a promise to appear at a later date in Youth Court. METRO

KINGS DISTRICT

Man airlifted to hospital after crash, truck fire

A 28-year-old man with serious injuries was airlifted to Halifax after a collision left a truck on fire.

Kings District RCMP and members of the Aylesford Fire Department responded to the scene of a truck on fire on Aylesford Road at around 2:00 a.m. Saturday.

They soon located the driver of the truck, who had been thrown from the vehicle.

RCMP determined that truck had been involved in a collision prior to catching on fire. METRO



Regional council may greenlight free Internet access in a number of public places. METRO FILE

City on the verge of free public Wi-Fi

ACCESSIBILITY

If approved, could be up and running this summer



Zane Woodford
Metro | Halifax

Pending a rubber stamp from regional council, free public Wi-Fi will soon be online in Halifax.

Nearly three years after council approved the idea, a staff

report before it on Tuesday recommends awarding a five-year contract for free public Wi-Fi in Halifax to Bell Aliant for \$2.6 million.

The staff report says negotiations with Bell are "substantially complete" and staff has directed the company to implement public Wi-Fi "on a site-by-site basis beginning with the Waterfront and Grand Parade sites" to ensure it's online by this summer — in time for "upcoming events including Canada 150 celebrations and the Tall Ships visit to Halifax."

Much of the Halifax Water-

front has had public Wi-Fi since 2009, and so does part of the Dartmouth Waterfront near the ferry terminal. The municipality's original tender called for installation of Wi-Fi along the entirety of both waterfronts at a minimum.

A map shows public Wi-Fi along both waterfronts, at Grand Parade, the Halifax North Memorial Public Library and the Halifax Central Library. For now, only those spots will be hot spots.

According to municipal spokesperson Brendan Elliott, "there may be future opportunities to expand the geographic

\$2.6M

Bell's bid of \$2,631,665 came in more than \$1 million cheaper than IBM's, and Bell scored higher in service access and use, capability, and security.

scope," but it would mean more money.

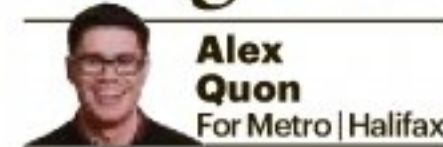
Though more companies originally submitted bids, Bell Aliant was up against only IBM Solutions for final evaluation.



Spencer Smith shows of his weapon of choice, the foam dodgeball. ALEX QUON / FOR METRO

SPORTS

Dodgeball is serious competition, a lot of fun



Alex Quon
For Metro | Halifax

Every time a ball whips by Spencer Smith's head at nearly 100 km/h it's a reminder that this isn't the type of dodgeball he played in his high school gym class.

But that doesn't stop from coming out to play, especially on Saturday when the regional qualifier was taking place. Smith knows every time he throws himself out of the way of a ball

he might be one step closer to qualifying to represent his province and possibly his country.

"I was named an alternate (to Team Canada) two years ago and even that felt great," Smith said. "It's great to be able to play for your country or be one of the better players in your country."

For Smith or Corey Oickle, chairman of Nova Scotia Dodgeball, every game is an opportunity to compete and the biggest one for both of them is just around the corner.

"We're hosting nationals in

April, right here in Halifax," Oickle says. "On a competitive level this sport's a lot more strategic than the one most people are familiar with."

Teams are composed of eight players with six of them on the court at any one time. The play area is the size of a volleyball court and the team that has the most balls on their side must throw at least one of them in ten seconds.

If you get hit, you leave the court. The first team with no players loses.

Angie Miller was on the Canadian women's national team two years ago when they came fourth in the Dodgeball World Championship. She was the only representative on the team who wasn't from Ontario.

Now, the competitive scene here is growing, with leagues in Halifax and Prince Edward Island.

"You see people come out who don't play any sport but dodgeball," she said "This is such a good workout, I've never been as sore as I have been after a dodgeball tournament."



POLITICS O'LEARY TARGETED DURING DEBATE DEBUT Kellie Leitch, right, and Kevin O'Leary participate in the Conservative leadership candidates' debate, in Halifax on Saturday night. The crowd of more experienced contenders for the federal Conservative leadership set its sights on O'Leary right out of the gate as the reality-TV star and aspiring politician made his debate debut in Halifax. ANDREW VAUGHAN/THE CANADIAN PRESS

Regrets ... Trump fans have had a few

SOCIAL MEDIA

Voters' remorse behind Twitter popularity of Halifax student

A Halifax university student who has been collecting tweets of disillusioned Donald Trump voters has attracted quite a celebrity following, including billionaires, Hollywood personalities and sworn Trump-nemesis Rosie O'Donnell.

Reality show investors Mark Cuban and Chris Sacca, actress Olivia Wilde and Chaz Bono are also amongst 186,000 Twitter users following @Trump_Regrets.

Erica Baguma, a 23-year-old social anthropology student at University of King's College, curates the account in between classes. The Twitter feed features posts from Americans who say they cast their ballots for Trump but now feel "ashamed," "embarrassed" and "disappointed" with the new president, some calling their vote "the biggest regret"

of their life. The idea came to Baguma while scrolling through social media to see how Trump supporters were reacting to the president-elect's reversal on his campaign promise to appoint a special prosecutor to look into Democratic rival Hillary Clinton's use of a private email server.

"I was shocked to see there were so many people feeling betrayed by him," Baguma said in an interview. "I decided to keep track of all of it. It's always increasing." Baguma said early on, Trump voters expressed misgivings about his dismissal of U.S. intelligence reports that Russia had meddled in the 2016 election and wealthy cabinet picks that some felt contradicted his pledge to "drain the swamp".

The chorus of Trump defectors grew around inauguration day, Baguma said, as it became clear that Trump's rhetoric on



Erica Baguma
CONTRIBUTED

+ IDENTITY

Erica Baguma, who was born in Uganda, said that as a woman of colour, she felt personally targeted by Trump's characterization of black Americans as "nothing more than perpetrators and victims of inner-city violence."

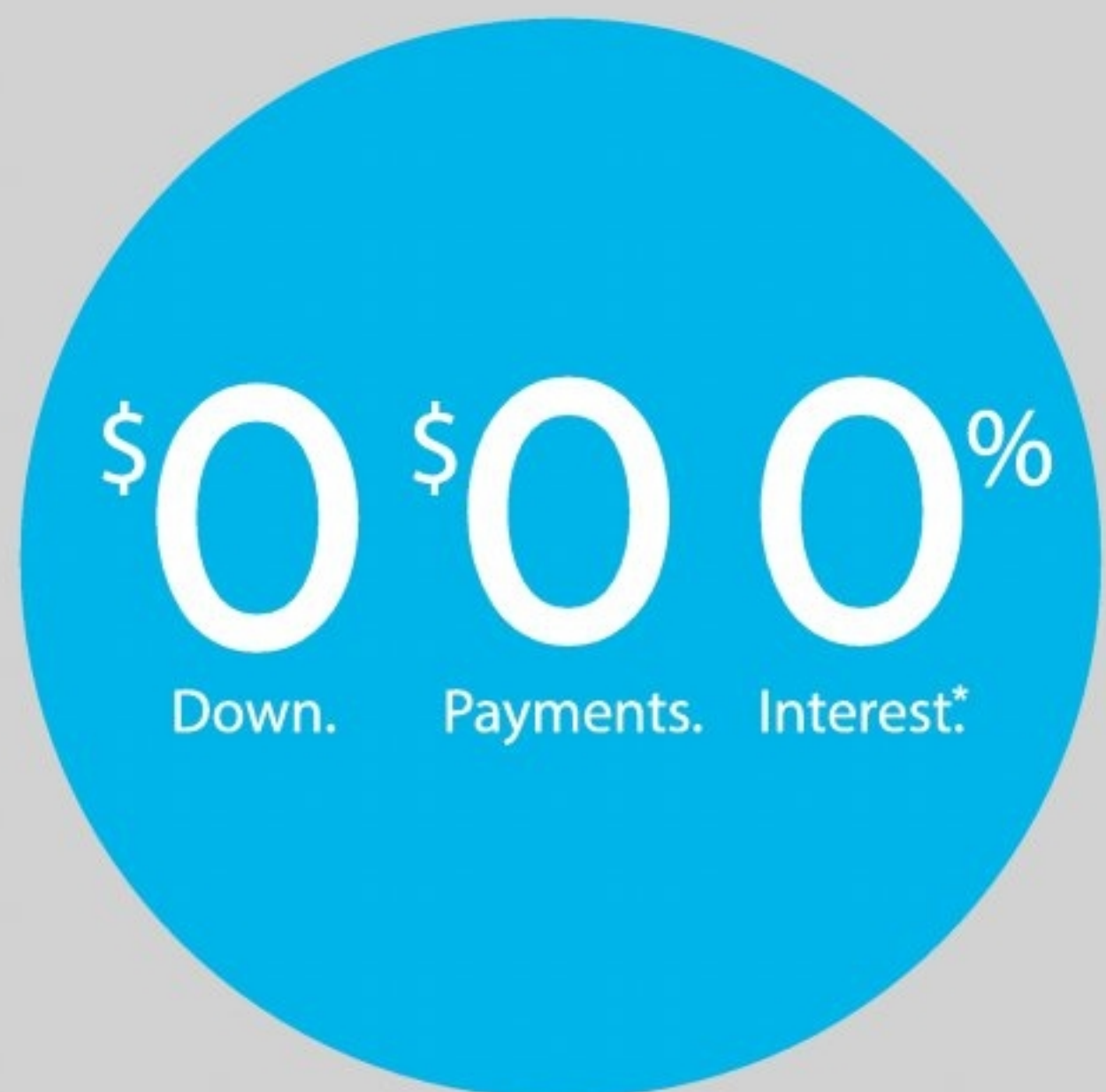
the campaign trail was not just bluster and he intended to follow through on plans to repeal government-subsidized health insurance under the Affordable Care Act, more commonly known as "Obamacare." Many people have taken issue with Trump's twitchy Twitter habit, according to Baguma, imploring him to be more "presidential."

Baguma said Trump diehards have lashed out at the account as a "smear campaign" and have accused her of fabricating the thousands of retweets for political purposes, even though some of the original accounts date back years. THE CANADIAN PRESS

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Travellers touch down in U.S. as restrictions lifted

IMMIGRATION

Visa and green card holders from affected countries arrive

Travellers from the seven predominantly Muslim countries targeted by U.S. President Donald Trump enjoyed tearful reunions with loved ones in the U.S. on Sunday after a federal judge swept the ban aside.

Airlines around the world allowed people to board flights as usual to the United States. One lawyer waiting at New York's Kennedy Airport said visa and green-card holders from Iraq and Iran were encountering no problems as they arrived.

"It's business as usual," said Camille Mackler, of the New York Immigration Coalition.

Fariba Tajrostami, a 32-year-old painter from Iran, came through the gate at Kennedy with a huge smile and tears in her eyes as her brothers greeted her with joyful hugs.

"I'm very happy. I haven't seen my brothers for nine years," she said.

Tajrostami had tried to fly to the U.S. from Turkey over a week ago but was turned away.

"I was crying and was so disappointed," she said. "Everything I had in mind, what I was going to do, I was so disappointed about everything. I thought it was all over."

Tajrostami said she hopes to study art in the U.S. and plans to join her husband in Dallas soon. He moved from Iran six months ago, has a green card and is working at a car dealership.



Mohamed Iye holds his daughter Nimo, 4, as he was reunited with his wife Saido Ahmed Abdille and their other daughter Nafiso, 2, at Minneapolis-Saint Paul International Airport after they arrived from Amsterdam on Sunday. The Somali-American family was reunited after U.S. President Donald Trump's travel ban came under a legal challenge. JERRY HOLT/STAR TRIBUNE/THE ASSOCIATED PRESS

Similar scenes played out across the U.S. two days after a judge in Washington state suspended the president's travel ban and just hours after a federal appeals court denied the Trump administration's request to set aside the ruling. The U.S. cancelled the visas of up to 60,000 foreigners in the week after the ban on travel from Syria, Iraq, Iran, Sudan, Somalia, Libya and Yemen took effect, according to the State Department. Trump also suspended nearly all refugee admissions for 120 days and barred Syrian refu-

“
It's business as usual.
Camille Mackler

gees indefinitely.

The order triggered protests and a multitude of legal challenges around the country and blocked numerous college students, researchers and others from entering the U.S.

Mahsa Azabadi, 29, an Iranian-American who lives in Denver, was forced to put

her wedding plans on hold after her fiancé, Sorena Behzadfar, was turned away when he tried to board a plane to travel from Iran to the U.S. on Jan. 28.

Over the weekend, though, Behzadfar was cleared for travel and was expected to arrive at Boston's Logan Airport on Sunday afternoon.

"It's been a really tough week to figure out what will happen to us," said Azabadi, who has lived in the U.S. for 11 years and is now a U.S. citizen.

The couple are hoping to keep their wedding date of

May 12.

"Seeing the support from the lawyers and different people trying to help, it was really nice," she said. "We want to be the best and do the best for the people and for this country. We would love to have the opportunity."

Lebanon's National News Agency said airlines operating out of Beirut also began allowing Syrian families and others affected by the ban to fly. Beirut has no direct flights to the U.S.; travellers have to go through Europe.

THE ASSOCIATED PRESS

White House predicts the courts will reinstate ban

Rebuffed in its bid for a quick reversal, the White House said Sunday it expected the courts to reaffirm U.S. President Donald Trump's executive power and reinstate a ban on refugees and travellers from seven predominantly Muslim countries from entering the United States.

The case promised to extend into Monday at least, when fresh legal filings were due, and observers had no doubt the Supreme Court ultimately will have a say.

Members of Trump's Repub-

lican Party scolded him for Twitter attacks on U.S. District Court Judge James Robart, appointed by president George W. Bush, and accused Trump of stepping over the line that separates the executive from the judiciary. To Trump, Robart is a "so-called judge" whose "ridiculous" ruling "will be overturned."

Trump renewed his Twitter attacks against Robart on Sunday. "Just cannot believe a judge would put our country in such peril. If something happens blame him and court system.

People pouring in. Bad!" He followed with another tweet saying he had instructed the Homeland Security Department to check people coming into the country but that "the courts are making the job very difficult!"

In his ruling, Robart said it was not the court's job to "create policy or judge the wisdom of any particular policy promoted by the other two branches," but to make sure that an action taken by the government "comports with our country's laws."

THE ASSOCIATED PRESS

Global digest

FRANCE

Far-right French candidate calls election 'choice of civilization'

French far-right candidate Marine Le Pen blasted the "two totalitarianisms" of globalization and Islamic fundamentalism Sunday in a speech formally launching her presidential campaign that hit all the right chords for her National Front party followers.

"We do not want to live under the rule or threat of Islamic fundamentalism. They are looking to impose on us gender discrimination in public places, full body veils or not, prayer rooms in the workplace, prayers in the streets, huge mosques ... or the submission of women," she said.

TURKEY

Turkish police detain over 440 people

Turkey's anti-terrorism police have detained over 440 people for alleged links to Daesh, the state-run news agency reported Sunday.

The Anadolu Agency said 60 suspects, the vast majority of them foreigners, were taken into custody early Sunday in Ankara. It said a total of 445 people were detained in simultaneous pre-dawn police operations that spanned several cities, including Istanbul and Gaziantep, near the border with Syria.

IRAN

Iran says shipment will boost its supply of uranium

Iran's nuclear chief says it will have 60 per cent more stockpiled uranium than it did prior to the landmark 2015 agreement with world powers after a shipment expected later this week.

Under the nuclear accord, Iran's import of uranium is supervised by the International Atomic Energy Agency.

EGYPT

Islamic authority rejects move to reform divorce

Egypt's top Islamic authority on Sunday rejected President Abdel-Fattah el-Sissi's suggestion that legislation be adopted to invalidate the practice of Muslim men verbally divorcing their wives.

It marked a rare instance of a public institution contradicting the president. Muslim women in Egypt cannot verbally divorce their husbands but can apply for divorce in a court of law.

THE ASSOCIATED PRESS

metro

IMAGINE
HALIFAX

Tuesday, February 28, 2017

DON'T MISS OUT!

'No to violence' and 'no to hate'

MOSQUE ATTACK

March held in Quebec City to remember the victims

One week after six of their own were gunned down in a deadly attack, worshippers from a Quebec City mosque led hundreds of

residents on a march to promote unity and tolerance on Sunday.

After a six-kilometre walk under snowy skies, mosque president Mohamed Yangui read a message he said was written by the family of the victims.

"My brothers and sisters, you are our family," it began. "Thank you to our community who came from Montreal, from Sherbrooke, from Ottawa ... and elsewhere."

The message went on to thank

Quebec City officials and first responders as well as Quebecers and Canadians for their sympathy and support in the week since the massacre.

The march began at Laval University, where one of the victims taught, and made its way down one of the city's main streets to Quebec's legislature.

The crowd grew as the march progressed, as people from the sidewalks linked arms with the

marchers and joined in chanting slogans such as "All Canadians! All Quebecers!" and "No to violence, no to hate."

Ali Dahan, a former diplomat, said he was marching in memory of his friend Azzedine Soufiane, who was among the six men gunned down during evening prayers the week before.

"He was so kind and he was interesting, everything that was peace and love," THE CANADIAN PRESS



Hundreds of Quebec City residents marched on Sunday, a week after the mosque shooting. JACQUES BOISSINOT/THE CANADIAN PRESS

Canada digest

Friends remember Toronto filmmaker who died on dive

A Toronto filmmaker who was found dead days after he went missing while diving off the coast of Florida is being remembered by his sister as a community-builder who brought about global change.

Rob Stewart's body was found in the Florida Keys Friday, 90 metres from where he disappeared during a dive on earlier in the week. His remains were found after an extensive search, for which nearly \$200,000 was raised.

Military phases out relief effort in New Brunswick

The military is phasing out its presence in New Brunswick as power steadily returns to the storm-ravaged Acadian peninsula.

The Canadian Armed Forces said in a statement Sunday that conditions in parts of the province have improved to point where military support is no longer necessary. Some troops will remain to assist the relief effort in communities still suffering from the aftermath of last month's ice storm.

THE CANADIAN PRESS

150 WAYS of looking at Canada

POSTCARD #6

THE FORKS, WINNIPEG, MAN.



THE FORKS OF THE RED AND ASSINIBOINE RIVERS IN WINNIPEG ARE THE HEART OF THE COUNTRY AND THE HEART OF WINTER, WHERE YOU CAN "WALK ON WATER." LAST WINTER SKATERS GLIDED THROUGH AN ON-ICE MAZE WITH THE TOWER OF THE MUSEUM OF HUMAN RIGHTS IN THE BACKGROUND. GREG PETZOLD



SEND US YOUR POSTCARD Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. You can get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. You can email us at scene@metronews.ca or post to Instagram or Twitter with the hashtag #150postcards.

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

At what point does the responsibility of visiting parents no longer fall solely on the child?

Dear Ellen,

After living on the East Coast for a number of years, I moved back to Toronto, a few hours from my parents' home, and have been able to visit more often on holidays and birthdays. I don't own a car, so I need to rent one and take a day off work to make the trip. For the first few years I was happy to do it, but as I've taken on more responsibility at work and gotten involved in the community, it's more difficult to find the time or energy. My parents, meanwhile, haven't visited me since I moved back, even though they're retired and have visited family near me, and know they're welcome. This past Christmas, I didn't go home, and explained why, but they're still complaining about it. Ellen, at what point does the responsibility of visiting no longer fall solely on the child? At what point does it become the responsibility of the parents and the child to both make an effort?

Calvin, Toronto

Dear Calvin,

Your logic is infallible vis-à-vis asking for a fair division of labour when it comes to reciprocal family visits.

Unfortunately, the rules of neither logic nor fairness apply to parent-child relationships. You and your folks could argue till the cows come home about whether you should come

The only relevant question is what kind of relationship you want with them going forward.



© Ani Castillo

home, too. But until scientists feel it's safe to stop irrefutably proving climate change, and start working on an algorithm for "number of diapers changed back in the day" versus "filial time owing now," the people who raised you are going to have the moral high ground in this and virtually every other point of contention.

In short, unless or until you have a family of your own to claim you on family holidays, I suspect your parents will persist in the crazy notion that, since they raised you, with all the attendant joys and sorrows that entailed, the least you

can is drag your sorry, ungrateful a— home on major holidays.

So let go of the argument. It's not a matter of who's right, or whose responsibility it is to make the trip. The only relevant question is what kind of relationship you want with them going forward.

If you feel OK about your decision to skip holidays at their home, relax and let them gripe. You've explained your position and whether they accept or understand it or not, at least you have respectfully made the terms clear.

And if you feel guilty or

angry to a degree that is interfering with your own enjoyment of staying put, because you know they are terribly hurt or upset by your absence, then you might want to go home for your own sake, and sanity.

What you must not do, under any circumstances, is drag your sorry a— home in a welter of grudging resentment. Poisoning the atmosphere with passive-aggressive misery will ruin it for everyone, which is very bad manners indeed.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

We need to deepen our understanding of the lives of black Muslims

In the aftermath of the attack on the Centre Culturel Islamique Québec, we must understand how racism overlaps with religious intolerance. All six of the murdered men in Quebec came from North Africa, yet the popular imagining of Muslims doesn't often include African and black Muslims. It also often doesn't include Asian and white Muslims. (In the last decade and a half especially, this exclusion of other races within Islam has created a dangerous stereotype.)

While I believe the national commitment to assisting refugees is entirely worthy, I can't help but notice that the images and stories we often see of the global refugee crisis is of Syrian refugees being assisted by Canadians. Meanwhile, the images of refugees in camps and on boats include a vast number of black refugees.

In fact, according to the Canadian Border Services agency, the number of overland border crossings made by asylum seekers has gone up from 4,407 in 2015 to 7,022 in 2016. At the Emerson crossing in Manitoba, a majority are originally from Somalia — one of the seven countries on President Donald Trump's executive order. The order only further puts Somali and black Muslims in danger.

The outpouring of affection and attention towards the nation's Muslims will be matched by Islamophobic attacks. It's an incredibly unfair burden — to be grieving, yet on the defence. For black Mus-

lims, this burden has been borne for a long time.

Alleviating the burden is what inspired Lali Mohamed, a non-profit professional, to set up an evening for black Muslims to gather this past Saturday in Toronto. "Muslims don't ever get a space to just grieve," he says, "Whenever our lives are taken, we have to prepare for Islamophobia."

For black Muslims, especially, he says it's an ongoing condition. The first time he set up a similar event was in response to the death of Abdirahman Abdi, a Somali man, after a confrontation with Ottawa police.

For Mohamed and many others in Canada, Islamophobia often intersects with anti-black racism. Says Mohamed, "Black Muslims are constantly in mourning — grieving for the loss of life for our community members or we are mourning and grieving the way this country has relegated us to the margins."

Flattening complex groups with their own histories into a singular image is one of the ways that race is constructed. To be black and Muslim then is to be a member of two groups at the margins. It is also to find your community rendered invisible when it most needs to be seen.

While community advocates like Mohamed create safe spaces for their own to mourn and commune, it is essential that we deepen our understanding of the lives of black Muslims.

Refugees Welcome must not end up meaning: Well, Not

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Lady Gaga carries Super Bowl halftime on her own but avoids political statement



KEVIN C. COX/GETTY IMAGES

Lady Gaga dropped from the top of Houston's NRG Stadium to open her halftime show and dropped the mic at the end, offering a program that delivered high-energy hits and an inclusive theme.

With the nation on edge politically, the NFL had little taste for a show that would ruffle feathers, as Beyoncé did in some

circles last year with the Black Power messaging of "Formation." Gaga was patriotic from the start, opening with snippets of "God Bless America" and "This Land is Your Land" with red and blue lights twinkling above her, before guide wires delivered her to the stage below.

Gaga included her hit "Born This Way," which became a gay

rights anthem, but that fit into a theme of accepting differences that was a thread through much of the game's commercial messaging. Unlike some predecessors, who often brought in several guest stars to bolster their acts, Gaga handled it herself and was praised for it on social media.

Meanwhile, one Super Bowl

commercial did generate controversy online: Budweiser's ad featuring the story of its immigrant co-founder grabbed attention Sunday, with some calling for a boycott on the beer brand for being "political."

Many others were quick to defend the ad and poke fun at the absurdity of the #boycott-budweiser attempt.

The ad chronicles the story of Adolphus Busch's journey in the 1850s from Germany to the U.S., where locals tell him he should "go back home" and that he doesn't "look like you're from around here." The 60-second spot was pre-released last week, just days after President Trump's order temporarily banning refugees and nearly all citizens from

seven Muslim-majority countries.

Still, Budweiser vice-president Richard Marques acknowledged it would be "foolish" to think the current political environment isn't fuelling attention for the ad. Marques added that Budweiser as a beer brand is inherently bipartisan.

THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

Some are better off un-dead

THE SHOW: *The Santa Clarita Diet*, Season 1, Episode 5 (Netflix)

THE MOMENT: The selfishness question

"You seem a little manic, honey," Sheila (Drew Barrymore) says to her husband Joel (Timothy Olyphant), who's typing away on a laptop.

They're sprightly real estate agents in the bedroom community of Santa Clarita, CA. Sheila is especially sprightly

because a recent virus turned her into a powerful zombie.

"Well, I feel really manic," Joel replies. "There could be a cure. Don't you want to be cured?"

"Of course," Sheila says. "Although I do like the way I feel. I have endless energy, I get so much done."

"You eat people," he says.

"I know," she says. "But I'm so much more confident now. Our sex is incredible,

and I can parallel park in one move."

"But you do want to be cured, right?" he repeats.

"Totally," she says. "Mostly."

All zombie stories are parables about consumption. The metaphor in this one is pretty good: People who are consumed with themselves can excuse all manner of selfishness as long as it makes them "better."

The seesaw bounce here from cutesy to gross-out is a bit obvious for me, but Barrymore and Olyphant are a charming comic team. I'll stick around for the next five half-hours to see where we land.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Drew Barrymore and Tim Olyphant are a charming comic team in *Santa Clarita Diet*. CONTRIBUTED

Beware of those RRSP season myths

RETIREMENT

First thing to remember? An RRSP is not an investment

Gail Vaz-Oxlade
For Metro Canada



Each year when RRSP season rolls around we are inundated with articles and advertising: why you should have one and how best to use them to save for the future.

And yet there are some myths that still manage to hold ground.

Perhaps the biggest myth of all is that an RRSP is an investment.

I ask, "So what did you invest in this year?"

They say, "An RRSP."

I smile, "It's great that you put your money into an RRSP, but what investment did you choose?"

They, with quizzical looks on their faces, "What do you mean, I bought an RRSP. That's what I invested in."

Okay, here we go again: An RRSP is NOT an investment. It's a plan registration. Putting the RRSP plan number on the paperwork signals the Tax Man to keep his sticky paws off your money, at least until you decide to pull it out again.

Imagine that you have a



Gail Vaz-Oxlade describes an RRSP as placing a ball (your money) into a box (the type of investment you select) and sliding it under an umbrella to protect it. iStock

Putting the RRSP plan number on the paperwork signals the Tax Man to keep his sticky paws off your money, at least until you decide to pull it out again.

ball, a box and an umbrella. The ball is your money. The box is the investment you're putting your money in. It could be a savings account. It could be a GIC. It could be a mutual fund, or individual stock or bond.

Okay, you've put the ball in the box. Now slide the box under the umbrella. There ya go — you've just put the money into an RRSP.

The problem for most people is that they rush to contribute to an RRSP before they've decided how they'll invest their money. So they put the ball under the umbrella first. Then later, they choose the box that best fits their ball.

What's important to remember is that until you choose a box, no money has been invested. While the money is under the umbrella, it's registered, but until you put that ball in a box, it's just sitting there earning not a red cent in return. You've saved it. But now you have to put those savings to work.

If you think that you have to be over the age of 18 to contribute to an RRSP, you've

fallen prey to the second very popular myth. This misunderstanding comes about because TFSAs have an age restriction: You have to be 18 to put money in a TFSA.

But RRSPs do not have the same age restriction. Anyone in Canada who has earned income and has filed a tax return, regardless of age, has RRSP contribution room. That includes kids with a paper-route, those that baby-sit, and children who have promising modelling or television careers.

Even if there's little point in a kid claiming the RRSP deduction because the child owes little or no tax, the benefits of contributing to an RRSP makes the exercise worthwhile.

First there's the magic of compounding return. Second, since their RRSP tax deduction can be carried forward indefinitely, when she does start working full time, she'll have deductions she can use to offset the tax on her income.

That's a win/win.

For more money advice, visit Gail's website at gailvazoxlade.com

FRAUD

How to help your parents protect their money from scams

Our financial decision-making abilities peak in our 50s and can decline pretty rapidly after age 70, researchers tell us. That's how otherwise smart older people fall for sweepstakes frauds, Nigerian investment schemes and the grandparent scam, where con artists pretend to be grandchildren in a financial jam.

But few people want to hear that they're not as sharp as they used to be. Many won't recognize the rising risk of losing hard-earned life savings as they age, says financial literacy expert Lewis Mandell, author of *What to Do When I Get Stupid: A Radically Safe Approach to a Difficult Financial Era*.

"As our ability to make sound financial decisions decreases with age, our self-confidence in this area actually increases," Mandell says.

Adult children who want to protect their parents from fraud and bad financial decisions have to tread carefully, says Jessie Doll, wealth man-

agement adviser with TIAA in Fairfax, Virginia. Money may be a difficult subject, and parents may resent the interference or fear losing their independence.

It may help to frame the issue as one all of us will face if we live long enough. Talking about your own efforts to "future-proof" your finances can start the discussion of how they can defend their money against bad decisions and bad guys.

Together, parents and children can:

• **Draft powers of attorney.** Two documents everyone needs, regardless of age: a power of attorney for health care decisions and a power of attorney for financial decisions. This paperwork names the people we want to speak for us in case we become incapacitated.

We should be having discussions with whoever we name about our wishes and our financial situation, Doll

\$ MONEY

What parents can do:

• **Get more eyes on your money.** Financial institutions likely offer text or email alerts to notify you of unusual activity, and so do sites that provide regular looks at free credit reports.

• **Plan ahead.** Talk with your family about what to do if you show signs of diminished capacity but you don't know you are impaired.

THE ASSOCIATED PRESS

says. "Talking about it is opening the door to making this less of a taboo discussion," Doll says.

• **Consolidate and simplify.** One bank. One brokerage firm. Two credit cards, one for daily purchases and one for auto-



There are ways adult children can talk to their parents about the dangers of fraud and fishing schemes. THE CANADIAN PRESS

matic bill payment. That's the prescription for simplified, consolidated finances that will be easier to track as we age, says financial planner Carolyn McClanahan, a physician and director of financial planning at Life Planning Partners in Jacksonville, Florida.

Having fewer accounts helps the fraud-sniffing software that banks and brokerages use to detect suspicious transactions, Doll says. "If the assets are all over the place, it's hard to establish a baseline so they can notice if something's amiss," she says.

• **Stay in touch.** Isolation is the fraudster's best friend. Scam artists don't want their victims to have a close circle of family and friends looking for signs of exploitation, says Sally Hurme, an elder-law attorney with AARP in Washington, D.C. Weekly calls to catch up and regular visits can help loved ones spot red flags, like a pile of sweepstakes offers or the investment salesman who's getting too friendly.

• **Keep up to date on the latest scams.** Criminals are endlessly creative. Some places to learn about their ever-evolving schemes include StopFraud.gov, AARP's Fraud Watch Network and the IRS, which offers consumers alerts and an annual list of the "Dirty Dozen" top tax-related scams. Discussing news reports about frauds, such as telephone imposters pretending to be IRS agents or Microsoft tech support, can help you keep relatives informed.

THE ASSOCIATED PRESS



The importance of a really good map

WHY I LIKE MY JOB

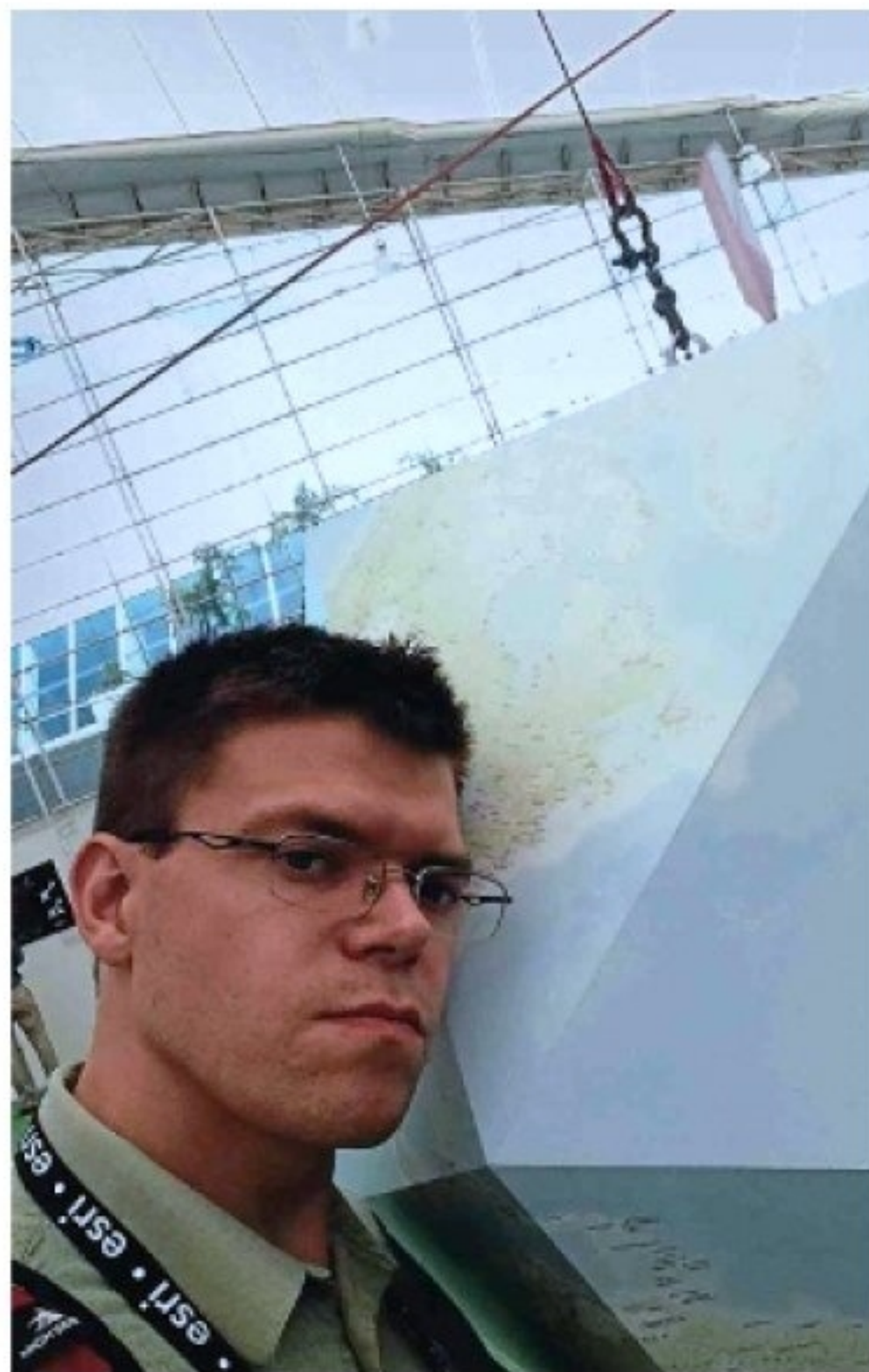
Mark Richardson, geomatics analyst specializing in cartography, Environment Canada, Ottawa.

When I was in high school, through a co-op program, I worked with some geologist who were studying meteorite impacts. I got early taste for using survey tools and seeing technology used to create 3D maps. It sparked an interest in me.

I went to Carleton University and specialized in geographic information services. I learned how to use the tools like GPS, understanding geographic concept — everything you'd learn in a geography degree. I also learned topographic principles and principles of displaying spatial information in meaningful ways — everything you need to know to know how to make a map.

I currently work with the wildlife service of Environment and Climate Change Canada. My job is to make it easy for policy makers to understand how what they're doing might affect the geography and local wildlife. For example, I might map where caribou migration intersects with proposed pipelines or prepare information for documents, such as mapping out protected areas or species that are in recovery zones.

I also have a night job where I create maps for board and role-playing games, and maps that would appear in novels and books. I really do love the challenge of trying to explain something complicated in a way that's visual and cohesive, which people may otherwise not understand. The best part of my jobs is getting exposed to interesting information and, of course, making maps.



THE BASICS: Geographic Information Systems Analysts

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Data for this feature was provided by payscale.com, onetonline.org and ccaa-acc.org.

HOW TO START

At one time you could learn cartography through associations and on-the-job training, but most positions today require some form of post-secondary education. There are two streams people could pursue: Universities don't often have specific cartography and mapping training, but offer broader degrees in geography, geology and engineering. Students can then choose to focus in cartography. Colleges also offer specialized programs, typically with more hands-on training. Both streams explore photography, basic concepts of map-making, image rendering, and surveying, as well as mathematics and computer sciences (there's a fair bit of programming involved in some cartography jobs).

WHERE YOU CAN GO

Cartography jobs are common in big cities, but since all levels of government use mappers, there are jobs across the country. There are also plenty of opportunities in the private sector: With such a high premium on geo-tracking (map ping how things move about) right now, it's not uncommon to see positions with research marketing firms and tech companies. Resource-based companies, like mining or oil manufacturers, also regularly hire cartographers to help plan their operations. Finally research often makes use of mapping, so universities will often employ map-makers.

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An epic comeback

SUPER BOWL LI

Pats overcome 25-point deficit to capture fifth NFL title

Tom Brady led one of the greatest comebacks in sports, let alone Super Bowl history, lifting New England from a 25-point hole to the Patriots' fifth NFL championship in the game's first overtime finish.

The Patriots scored 19 points in the final quarter, including a pair of two-point conversions, then marched relentlessly to James White's two-yard touchdown run in overtime beating the Atlanta Falcons 34-28 Sunday night.

Brady, the first quarterback with five Super Bowl rings, guided the Patriots (17-2) through a tiring Atlanta defence for fourth-quarter touchdowns on a six-yard pass to Danny Amendola and a one-yard run by White, which came with 57 seconds remaining in regulation. White ran for the first two-pointer and Amendola did the deed with a reception on the second.

Brady finished 43-for-62, the most attempts in Super Bowl history, for 466 yards and two touchdowns.

"You know, we all brought each other back," said Brady, who was named Super Bowl MVP for the fourth time. "We never felt out of it. It was a tough battle. They have a great



Tom Brady and the Patriots celebrate after scoring the championship-winning touchdown. JAMIE SQUIRE/GETTY IMAGES

team. I give them a lot of credit. We just made a few more plays than them."

Before the stunning rally — New England already held the biggest comeback in the final period when it turned around a 10-point deficit to beat Seattle two years ago — the Falcons (13-6) appeared poised to take their first NFL championship in 51 seasons. Having never been in

SUNDAY In Houston



such a pressurized environment, their previously staunch pass rush disappeared, and Brady tore them apart.

"Deflategate" far behind them, Brady and Bill Belichick won their 25th post-season game, by far a record. It's hard to imagine a tenser victory.

Belichick became the first coach with five Super Bowl crowns.

The Patriots won the coin toss for overtime and it was no contest. Brady completed six passes. A pass interference call took the ball to the 2, and White scooted to his right and barely over the goal-line.

His teammates streamed off the sideline to engulf White as confetti streamed down from the NRG Stadium rafters.

THE ASSOCIATED PRESS

QMJHL

Moose pummel downed Wildcats



Jonathan Briggs
For Metro | Halifax

The Halifax Mooseheads added to the Moncton Wildcats' woes, handing the rebuilding team their 17th straight loss.

A five-goal first period gave the Herd an early lead as they rolled to a 7-2 win at the Moncton Coliseum on Sunday.

"The big thing that was important for us was keeping the momentum going," said head coach André Tourigny.

Centre Ben Higgins continued his dominance against the Wildcats when he opened the scoring 25 seconds into the game. He finished the afternoon with a pair of goals. The rookie has now scored six of his 12 goals against Moncton.

"He can be tough to play against because of his explosive speed," Tourigny said.

Linemates Nico Hischier and Max Fortier dominated with five-points each. Hischier added to his point streak with two goals and three assists, bringing his total to 18 points in eight games. Fortier is now second in QMJHL scoring with 78 points after netting the eventual game-winning goal and adding four assists.

Otto Somppi and Walter Flower had a goal each while Blade Mann-Dixon made 28 saves on 30 shots.

DAVIS CUP

Canada defaults after ump hit in eye

Denis Shapovalov says that he's ashamed and embarrassed for his actions that caused a Canadian defeat at the Davis Cup.

The 17-year-old saw his Davis Cup action come to an abrupt end Sunday when he hit the umpire with an errant ball.

Shapovalov was automatically defaulted under tennis rules, al-

lowing Britain's Kyle Edmund to earn an easy 6-3, 6-4, 2-1 victory and 3-2 series win. Britain advances to the Davis Cup World Group quarter-finals as the winner of the tie.

Umpire Arnaud Gabas had swelling and bruising under his left eye and was taken to hospital for a precautionary evaluation. THE CANADIAN PRESS

“Obviously this is unacceptable behaviour from me.”

Denis Shapovalov

IN BRIEF

St-Gelais wins two more medals on the short track

Canadian speedskater Marianne St-Gelais capped her weekend at a short-track World Cup event with two medals on Sunday, including gold in the women's 500-metre final.

St-Gelais of Saint-Felicien, Que., who also won gold in the women's 1,000 on Saturday, led Sunday's 500-metre race from start to finish. She earned her second medal of the day by guiding the 3,000-metre relay team to bronze. THE CANADIAN PRESS

Raptors' Lowry battles way to triple-double, victory

Kyle Lowry played through illness and injury to finish with 15 points, 11 rebounds and 11 assists for his ninth career triple-double, and the Toronto Raptors beat the Brooklyn Nets 103-95 on Sunday.

Already dealing with a flu, Lowry needed four stitches after cutting his right forearm on a camera mounted to the basket stanchion.

The Raptors won for just the third time in 11 games. THE ASSOCIATED PRESS

PGA TOUR

Matsuyama repeats at Phoenix Open

Hideki Matsuyama was the last man standing at golf's biggest party — again.

Matsuyama won the Waste Management Phoenix Open on the fourth hole of a playoff for the second straight year, outlasting Webb Simpson on Sunday at TPC Scottsdale.

Matsuyama won with a 10-foot birdie putt on the short par-4 17th, the same hole where the 24-year-old Japanese star finished off Rickie Fowler a year ago.



Hideki Matsuyama
GETTY IMAGES

"I just had faith and believed that my chance would come again, and I just waited and waited, had patience," Matsuyama said. "Finally, that last one went in."

Simpson birdied three of the last four for a 64, the best round of the day. THE ASSOCIATED PRESS

MAKE IT TONIGHT

Sweet Apple Chicken Curry



PHOTO: MAAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

The sweetness of the apples in this hearty chicken curry are the foil its heat.

Ready in 20 minutes
Prep time: 20 minutes
Serves 4

Ingredients

- 1 cup basmati rice
- 2 chicken breasts, cut into bite-sized pieces
- 1 Tbsp vegetable oil
- 1 onion, sliced
- 2 garlic cloves minced
- 1-2 tsp curry powder or paste
- 1 tsp soy sauce
- 2/3 cup of coconut milk
- 2/3 cup of chicken stock
- 1 large apple, peeled and sliced into thin wedges
- 1 cup of frozen peas
- 1/4 cup of plain yogurt

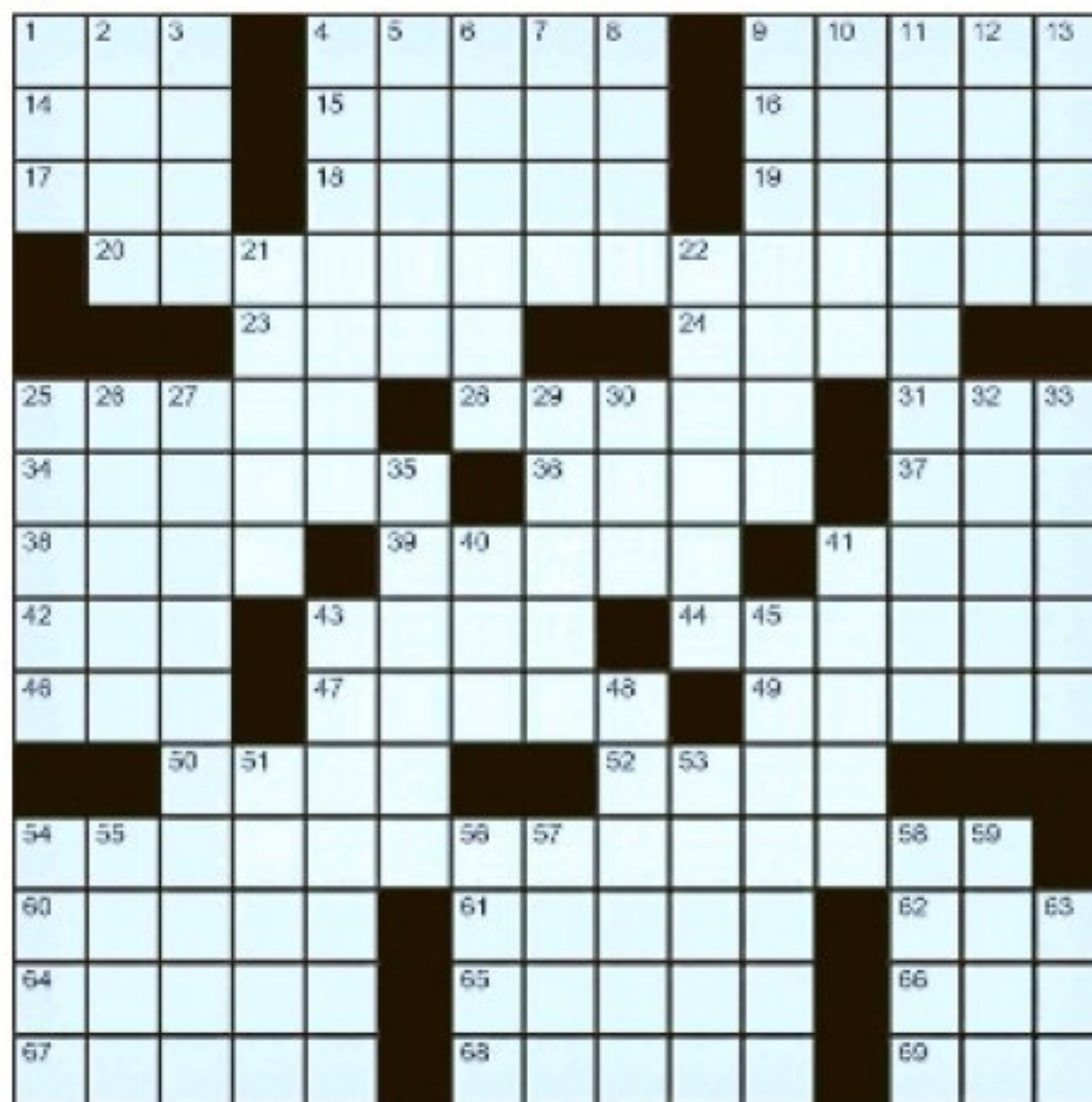
Directions

1. Prepare rice according to package instructions.
2. Brown the chicken in a bit of vegetable oil in large skillet. Add the onions and cook for about 5 more minutes. Then add the garlic and the curry and cook for another minute.
3. Add the coconut milk, chicken stock and soy and stir together.
4. Add the apple pieces and simmer for 5 minutes. Add the peas and allow them to warm through. Check to see that the chicken has cooked through.
5. Serve the curry over rice and top it with a bit of yogurt.

FOR MORE MEAL IDEAS, VISIT
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



- ACROSS**
1. School of thought
 4. Social finesse
 9. Handles a rosary
 14. Andy Capp's wife in comics
 15. Boise's state
 16. Items on acting resumes
 17. ___-in-law
 18. Adjusted, as pitch
 19. Ms. Fitzgerald's
 20. Ice Age creatures in Canada: 2 wds.
 23. "The Godfather" (1972) role
 24. France/Belgium river
 25. Highlights and hues establishment
 28. Mother-of-pearl
 31. Trousers split
 34. Gene Kelly movie, "Anchors ___" (1945)
 36. Wild pig
 37. Rec. label for The King
 38. Ground
 39. Mr. Arkin's
 41. Lethbridge-born actor Conrad of "Diff'rent Strokes"
 42. Work unit
 43. Legal document
 44. Lessen, like laundry
 46. Adjust
 47. Woodworking tools
 49. "Weird Science" by ___ Boingo
 50. Bigger than

- big
52. "Freeze!"
54. Circa 1911 oil on paperboard Emily Carr painting which she did in France when studying art there: 3 wds.
60. Dust-up
61. Brick wall

- plants
62. Away
64. Quaintly bless with oil
65. 1000 kilograms
66. Santa __, California
67. More dry
68. Chef on "The

- Muppet Show", for one
69. Mal de __ (Sea-sickness)
DOWN
1. Suppositions
2. Not fast
3. Pre-stereo
4. Giving a book

- it's name
5. Grown-up
6. 1970 Joni Mitchell album: "Ladies of the ___"
7. Us not
8. ___ biscuits
9. Manitoba or Alberta or Quebec chief
10. Chocolate-coated

- caramel candies
11. ATV = ___-___ Vehicle
12. Sure, casually
13. Slitherer's sounds
21. Elliptical
22. Quagmire
25. Bargains
26. On the ball
27. Extension = Hair ___
29. Taper off
30. Debating side
32. Cake topper
33. Breadcrumbs of Japan
35. Solidify
40. Ms. Taylor, to pals
41. Water filter company
43. Wild West trail commuter
45. The Pope's jurisdiction: 2 wds.
48. Sacred structure
51. Handy
53. Rectify
54. Arm: French
55. Germanic letter
56. Is the right clothing size
57. Profess
58. Rove
59. Sandy mound
63. Road surfacing

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you're full of bright, genius ideas because you can think outside the box. Write them down so that you can ponder them later.

Taurus April 21 - May 21
Keep an eye on your money scene, because something unexpected could affect your finances and earnings. Be vigilant; do not shoot from the hip.

Gemini May 22 - June 21
Make sure you know what you want to do today, because you are a bit impulsive. At the same time, you're also a bit indecisive. Yikes! That's a bad combo. Tread carefully.

Cancer June 22 - July 23
Today you feel restless and mildly indecisive. Don't worry, because late in the day, the Moon will move into your sign and you will know what you want to do. Be patient.

Leo July 24 - Aug. 23
A female friend might surprise you today by saying or doing something that catches you off guard. Nevertheless, you will be entertained! (Oh yes.)

Virgo Aug. 24 - Sept. 23
Relationships with a boss or parent will hold a few surprises for you today. Don't hold someone to what he or she impulsively says. Don't quit your day job. Wait until the dust settles.

Libra Sept. 24 - Oct. 23
Travel plans will be interrupted today by silly circumstances and delays. Let the chips fall where they may, and then decide what to do afterward.

Scorpio Oct. 24 - Nov. 22
This is a poor day to make important decisions about inheritances and shared property. Nevertheless, something unexpected will call your attention to these matters.

Sagittarius Nov. 23 - Dec. 21
Partners and close friends are unpredictable today. This means you have to just take it easy and go with the flow. By evening, you will know which way the wind is blowing.

Capricorn Dec. 22 - Jan. 20
Your work routine will be interrupted today with numerous matters that occur out of the blue. Don't overreact. Everything will settle down by the end of the day.

Aquarius Jan. 21 - Feb. 19
This is a mildly accident-prone day for your kids, so this means you must be vigilant. Meanwhile, social activities might change or be cancelled.

Pisces Feb. 20 - March 20
Something at home is not reliable today. A female family member might be upset. Just bide your time, because by evening, all is well.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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